

Physical health data for the DISTRICT OF COLUMBIA

OVERALL HEALTH AND CHRONIC CONDITIONS, AGES 12-17, 2007^{PH1}

| PERCENT OF ADOLESCENTS AGES 12-17 WHO: | DISTRICT OF COLUMBIA | UNITED STATES |
|--|----------------------|---------------|
| Parent describes being in | | |
| Excellent/very good health | 81% | 83% |
| Good health | 17% | 13% |
| Fair/poor health | 2% | 4% |
| Have a chronic condition, ^a according to parent | | |
| No chronic conditions | 62% | 71% |
| One chronic condition | 21% | 17% |
| Two or more chronic conditions | 17% | 12% |

^a Chronic conditions surveyed include learning disability; ADD or ADHD; depression; anxiety problems; behavioral or conduct problems; autism or other autism spectrum disorder; developmental delay; speech problems; asthma; diabetes; Tourette Syndrome; epilepsy or seizure disorder; hearing problems; vision problems; bone or joint problems; and brain injury or concussion. For each condition, parent respondents were asked whether they have ever been told by a health care professional that the adolescent has the condition, and whether the adolescent currently has the condition.

ASTHMA PREVALENCE AMONG HIGH SCHOOL STUDENTS (Grades 9-12), 2009^{PH2}

| PERCENT OF HIGH SCHOOL STUDENTS WHO: | DISTRICT OF COLUMBIA | UNITED STATES |
|---|----------------------|---------------|
| Have ever been told by a doctor or nurse that they had asthma | | |
| Total | N/A% | 22% |
| Male | N/A% | 23% |
| Female | N/A% | 21% |

HEALTH INSURANCE STATUS, AGES 12-17, 2007^{PH1}

| PERCENT OF ADOLESCENTS AGES 12-17 WHO: | DISTRICT OF COLUMBIA | UNITED STATES |
|---|----------------------|---------------|
| Had health insurance at time of survey, according to parent | 94% | 90% |

PHYSICAL ACTIVITY AMONG HIGH SCHOOL STUDENTS (Grades 9-12), 2009^{PH2}

| PERCENT OF HIGH SCHOOL STUDENTS WHO: | DISTRICT OF COLUMBIA | UNITED STATES |
|---|----------------------|---------------|
| Were physically active at least 60 minutes per day on 5 days or more per week | | |
| Total | N/A% | 37% |
| Male | N/A% | 46% |
| Female | N/A% | 28% |
| Attended physical education classes on 1 or more days in an average week | | |
| Total | N/A% | 56% |
| Male | N/A% | 58% |
| Female | N/A% | 55% |
| Watched television 3 or more hours per day | | |
| Total | N/A% | 33% |
| Male | N/A% | 33% |
| Female | N/A% | 32% |
| Used computers 3 or more hours per day | | |
| Total | N/A% | 25% |
| Male | N/A% | 28% |
| Female | N/A% | 21% |

WEIGHT/OBESITY AND EATING BEHAVIORS AMONG HIGH SCHOOL STUDENTS (Grades 9-12), 2009^{PH2}

| PERCENT OF HIGH SCHOOL STUDENTS WHO: | DISTRICT OF COLUMBIA | UNITED STATES |
|---|----------------------|---------------|
| Are obese ($\geq 95^{\text{th}}$ percentile for body mass index, by age and gender) | | |
| Total | N/A% | 12% |
| Male | N/A% | 15% |
| Female | N/A% | 8% |
| Described themselves as slightly or very overweight | | |
| Total | N/A% | 28% |
| Male | N/A% | 23% |
| Female | N/A% | 33% |
| Went without eating for 24 hours or more to lose weight or to keep from gaining weight (during the 30 days before the survey) | | |
| Total | N/A% | 11% |
| Male | N/A% | 7% |
| Female | N/A% | 14% |

FRUIT, VEGETABLE, AND SODA INTAKE AMONG HIGH SCHOOL STUDENTS (Grades 9-12), 2009^{PH2}

| PERCENT OF HIGH SCHOOL STUDENTS WHO: | DISTRICT OF COLUMBIA | UNITED STATES |
|---|----------------------|---------------|
| Ate fruits and vegetables 5 or more times per day | | |
| Total | N/A% | 22% |
| Male | N/A% | 24% |
| Female | N/A% | 20% |
| Ate vegetables 3 or more times per day | | |
| Total | N/A% | 14% |
| Male | N/A% | 14% |
| Female | N/A% | 13% |
| Drank a can, bottle or glass of soda or pop at least one time per day (not including diet soda or diet pop) | | |
| Total | N/A% | 29% |
| Male | N/A% | 35% |
| Female | N/A% | 23% |

SEAT BELT USE AMONG HIGH SCHOOL STUDENTS (Grades 9-12), 2009^{PH2}

| PERCENT OF HIGH SCHOOL STUDENTS WHO: | DISTRICT OF COLUMBIA | UNITED STATES |
|---|----------------------|---------------|
| Sometimes, most of the time, or always wore a seat belt (when riding in a car driven by someone else) | | |
| Total | N/A% | 90% |
| Male | N/A% | 88% |
| Female | N/A% | 92% |

DATA NOTES

Data from the National Survey of Children's Health have been rounded to the nearest whole number.

N/A: data does not exist on this measure for this state.

DATA SOURCES

^{PH1} **Overall health and health insurance data are from:** Child and Adolescent Health Measurement Initiative; The Data Resource Center for Child and Adolescent Health. (2007). *National Survey of Children's Health*. Portland, OR: Child and Adolescent Health Measurement Initiative; The Data Resource Center for Child and Adolescent Health. Retrieved May 20, 2011, from www.nschedata.org

^{PH2} **High school data are from:** Centers for Disease Control and Prevention. (2010). *Youth Risk Behavior Surveillance Survey - United States, 2009*. Surveillance summaries: MMWR 2010; 59 (No. SS 5). Retrieved February 15, 2011, from <http://www.cdc.gov/mmwr/pdf/ss/ss5905.pdf>

